



# Physical Fitness Test Web Site Resources

Site Name	Description of Site Contents	Web Address
California Physical Fitness Test		
California Physical Fitness Test (PFT) Home Page	Provides a list of links to Web sites containing information about the California PFT administration and results.	<a href="http://www.cde.ca.gov/ta/tg/pfl">http://www.cde.ca.gov/ta/tg/pfl</a>
PFT Results Reporting Site	Provides access to downloadable files of results for the state, counties, school districts, and schools for tests administered February 1, 2004, through May 31, 2004. Results are also available by gender and ethnic groups. Individual student results are not available.	<a href="http://www.eddataonline.com/fitness/2004/Data/">http://www.eddataonline.com/fitness/2004/Data/</a>
DataQuest (Internet Tool)	Makes available PFT summary reports for the state, counties, school districts, and schools. Results are also available by gender and ethnic groups. Individual student results are not available.	<a href="http://data1.cde.ca.gov/dataquest/">http://data1.cde.ca.gov/dataquest/</a>
Healthy Fitness Zones (Performance Standards)	Organizes the standards established for the PFT. These standards represent a level of fitness that offers some degree of protection against the diseases that result from sedentary living.	<a href="http://www.cde.ca.gov/ta/tg/pfl/documents/healthfitzones.pdf">http://www.cde.ca.gov/ta/tg/pfl/documents/healthfitzones.pdf</a>
Prior Year Physical Fitness Data	Provides access to press releases and data reports for prior years (1999 - 2003).	<a href="http://www.cde.ca.gov/ta/tg/pfl/pftprioryrs.asp">http://www.cde.ca.gov/ta/tg/pfl/pftprioryrs.asp</a>
2004 Physical Fitness Test Manual	Contains instructions for preparing for the 2004 PFT administration; options and suggestions for collecting and reporting PFT data; school and student file layouts; and downloadable samples of data collection forms.	<a href="http://www.cde.ca.gov/ta/tg/pfl/pftmanual04.asp">http://www.cde.ca.gov/ta/tg/pfl/pftmanual04.asp</a>
<b>FITNESSGRAM®</b>		
The Cooper Institute	Includes background information on the <b>FITNESSGRAM®</b> , which was developed in 1982 by The Cooper Institute in Dallas, Texas. Technical information on the fitness-area assessments and performance standards is available in a Reference Guide.	<a href="http://www.cooperinst.org/">http://www.cooperinst.org/</a>
Human Kinetics	Includes a variety of products in support of the PFT, including the <b>FITNESSGRAM®</b> Test Administration Manual, 6.0 Test Kit CD-ROM (software), and materials needed (i.e., skinfold calipers) to administer the tests.	<a href="http://www.humankinetics.com/">http://www.humankinetics.com/</a>
California Physical Education		
Physical Education Framework for California Public Schools	Describes a sequential, developmental, age-appropriate physical education program designed to provide students with the knowledge and ability needed to maintain an active, healthy lifestyle.	<a href="http://www.cde.ca.gov/ci/pe/cfl">http://www.cde.ca.gov/ci/pe/cfl</a>
The California Department of Education (CDE) Web site contains many resources to help school districts and schools develop quality physical education programs. These resources can be accessed by going to <a href="http://www.cde.ca.gov/ci/pe/">http://www.cde.ca.gov/ci/pe/</a> or by using the search engine located in the upper right hand corner of each page on the CDE Web site.		